

**CEDARS FROSTBITE
HALF-MARATHON
Saturday, February 16, 2008**

Part of the 29th Annual Tennessee State Park Running Tour

CEDARS OF LEBANON STATE PARK, LEBANON, TN.

Park Location On Hwy 231, between Lebanon and Murfreesboro. From Nashville Airport take I-40 East to Lebanon (18 miles), then Hwy 231 to Park entrance (5 miles). Park info **615-443-2769**.

Start/Finish at the Assembly Hall, 1 mile from park entrance. Race starts at 11:00 AM CST.

Course is one-loop, mostly flat, with a distance of 13.1 Miles. Water at 3, 7 and 10 Miles.

Course map with elevation profile at www.tnstateparks.com/RunningTour

Pre-register by downloading an entry form or online for an additional \$2 fee at **Active.com**.

Race Day Registration at the Assembly Hall from 9:00 to 10:45 AM.

Long Sleeve T-shirt guaranteed to all pre-registered runners.

Awards: Five-year age groups from 19 and under with five awards in each category to 70 and over. Special awards to the overall, master, grandmaster, and senior grandmaster finishers.

Award ceremony starts at 1:30 PM.

Race director: Lynda de Paulis (615-889-1306). Info at Lntdp@earthlink.net.

Entry Fee is \$15.00 with or \$5.00 without shirt, payable to FROSTBITE R.C. (Race day fee \$10.00 without shirt). Pre-registration deadline is February 9, 2008 (received).

Mail registration to: **Cedars Frostbite
205 Woodland Court
Hermitage TN 37076**

[Link to Registration Forms](#)